

HEAVY RETURNS

THE OPEN PLAYBOOK.

The exact 15-minute pre-market routine I run every day before the bell. Volume reads, key levels, what I watch, what I avoid. No fluff. Just receipts.

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WHY THIS EXISTS

Most traders lose money in the first 15 minutes after the open. Not because they're bad at trading. Because they don't have a routine. They show up, see green or red, and react.

This is the routine I built over 10 years of trading ODTE, swings, LEAPS, and long-term holds while practicing law and running a half-dozen businesses. The whole thing takes 15 minutes. You can do it before your first cup of coffee.

Read this once. Practice it for 10 trading days. Then decide if you want more.

THE 15-MIN ROUTINE

Minute 1–3 — Macro Read

- Check overnight S&P futures (/ES) — direction and magnitude
- Check VIX — anything above 20 means smaller size
- Read the morning Bloomberg headlines or X for any catalyst (Fed, CPI, earnings)
- Note the 10-year yield direction — affects everything

Minute 4–7 — Levels

- SPY/SPX yesterday's close, high, low, and VWAP from yesterday
- Mark today's expected range from the option chain (ATM straddle = expected move)
- Identify 2 levels above and 2 levels below current pre-market price
- Write them on paper. Yes, paper. Forces commitment.

Minute 8–11 — Watchlist

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- Top 5 movers in pre-market (% gainers and losers)

- Anything earnings overnight on your watchlist
- For each name: catalyst, expected move, key level, your bias (long, short, fade, skip)

Minute 12–15 — Plan

- Pick ONE high-conviction setup for the open. ONE.
- Define entry, stop, target before the bell rings
- Define max risk in dollars, not %, so you feel it
- Write the plan on paper. If you can't write it, you don't have one.

THE FIVE NON-NEGOTIABLES

1. **No trades in the first 5 minutes.** The opening 5 minutes is amateur hour. Watch, don't touch.
2. **If your first trade loses, sit out the next 30 minutes.** Tilt is real. Walk.
3. **Close everything by 3 PM ET.** Last hour is gambling. You don't gamble.
4. **Daily loss limit = 2% of account.** Hit it, you're done. No revenge trades.
5. **Journal every trade.** Win or lose. Pattern recognition compounds.

THE TAPE-READ CHECKLIST

SIGNAL	WHAT IT MEANS
Volume spike, no price move	Big player accumulating quietly. Watch for breakout direction.
Price move on low volume	Trap. Fade or skip.
Bid stacks at level	Support is real. Bullish signal.
Ask stacks at level	Resistance is real. Bearish signal.
HEAVY RETURNS — THE OPEN PLAYBOOK Time & sales speeding up	HEAVYRETURNS.COM Move is real. Trade with the flow.

SIGNAL

WHAT IT MEANS

Time & sales slowing down

Move is exhausting. Take profit or reverse.

WHAT I DO AT 3:01 PM

Close the laptop. Walk away from the desk. Review the day's trades with a journal entry. What worked, what didn't, what I'd do differently. Then I lift. Then I eat. Then I do it again tomorrow.

The market gives you 252 chances per year. You don't need to swing at every pitch. You need to swing at the right ones.

NEXT STEPS

- Print this PDF. Tape the routine card next to your monitor.
- Run the routine for 10 trading days. Don't trade until you've done the full 15 minutes.
- Follow @heavyreturns on TikTok / YouTube / X. New plays, new lessons, daily.
- Reply to the welcome email with the word "TAPE" and I'll send the next thing — the swing-trade setup library.

This is not financial advice. Trading involves risk of loss. Past performance does not guarantee future results. Heavy Returns is the personal brand of Tre Meredith. Do your own research. Manage your own risk.